Type: conditioned game

Participants: 2

Duration: 60min

Is\_general: true

PrimaryShots: volley straight drop, counter drop, volley cross drop, volley 2-wall boast,

SecondaryShots: volley straight drive, volley cross, volley hard cross, volley hard drive, straight kill, cross kill, hard drive, hard cross, deep drive, deep cross

ShotTypes: volley, drive, cross, lob, drop, boast

ShotSide: forehand, backhand

squashLevel: Medium

Intensity: Medium

Fitness: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Mastering Deep Court Control, Strategic Volley Short Play, and Effective Counter-Dropping for Rally Dominance

Rest time between exercises: 1min30sec

## 

## WARM-UP (10min)

* *2min30sec*: **Boast– Drive – Drop – Drive** (Sequence: Player A boasts → Player B drives → Player A drops → Player B drives)
* *2min30sec*: **Boast – Drive 2 shots** (keep same positions) (Sequence: Player A drives and then plays a boast (2 shots) → Player B drops and then plays a drives (2 shots)

Switch roles and repeat the exercises above

## SESSION

Conditioned Game 1

*First to 9 points* (both sides): **Length Game** (rules: ball first bounce must land behind the line)

*First to 9 points* (both sides): **Length Game with Kills** (rules: ball second bounce must land behind the line)

Conditioned Game 2 (deep only)

* *First to 9 points (both sides):* **Length Game with** **Volley Straight Drop** (rules: ball first bounce must land behind the line. Players can play volley straight drops. The response to a straight shot must be a deep shot )
* *First to 9 points (both sides):* **Length Game with** **Volley Straight Drop+** (rules: ball first bounce must land behind the line. If a player is in front of their opponent, a volley straight drop can be played. The response to a straight shot must be a deep shot )

Conditioned Game 3 (kill allowed)

* *First to 9 points (both sides):* **Length Game with** **Volley Short & Counter** (rules: ball second bounce must land behind the line. If a player is in front of their opponent, any volley short can be played. The response to a straight shot can be a 1 counter drop or a deep shot )
* *First to 9 points (both sides):* **Length Game with** **Volley Short & Counters** (rules: ball second bounce must land behind the line. If a player is in front of their opponent, any volley short can be played. The response to a straight shot can be as many counter drops until someone plays a deep shot )

Conditioned Game 4

*First to 11 points:* **Free Game** (rules: if you play a cross or a drive to the back and manage to force a boast from the back and win the rally, you get 2 points)

## **End of session.**